

Good Nutrition for Children: An Annotated Bibliography

A selected listing of titles available on this topic from the
Early Childhood Training Center's Media Center



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BOOKS

The Baby Bistro: Child-Approved Recipes and Expert Nutrition Advice for the First Year. Christina Schmidt. (2009). Chicago: Bull Publishing Co. Based on the most current nutritional information available, this accessible reference offers a fresh approach to feeding a toddler. More than a how-to guide, you'll develop an approach to food that is easy, organized, and fun. Focusing on the age range of one to three years—when new foods and tastes are typically introduced—this resource also includes tips and tricks for quick shopping, easy recipes, and nutrient and supplement needs.

Beyond a Peanut: Food Allergy Awareness Cards. Mind Flight, LLC. (2008). Centennial, CO: Author. This kit includes one set of food allergy awareness cards, a train-the-trainer workbook, and a CD including a food allergy management training presentation, assessment questions, certificate of completion, food allergy awareness sign, a food allergy safety principles flyer, and a school and family flyer.

Bright Futures in Practice: Nutrition. Mary Story, Katrina Holt, and Denise Sofka, Eds. (2002). Arlington, VA: National Center for Education in Maternal and Child Health. *Bright Futures* emphasizes prevention and early recognition of nutrition concerns and provides developmentally appropriate nutrition supervision guidelines for infancy through adolescence. This book includes reproducible master copies of nutrition questionnaires appropriate for use with families with infants, children, and adolescents.

Caring for Our Children: National Health and Safety Performance Standards—Guidelines for Out-of-Home Child Care Programs, 3rd Edition. American Public Health Association. (2011). Elk Grove Village, IL: American Academy of Pediatrics. Topics include staffing, activities for healthy development, health promotion, and protection in child care, nutrition and food service, transportation, infectious diseases, children eligible for services under IDEA, administration, licensing, and community action.

The Cooking Book: Fostering Young Children's Learning and Delight. Laura J. Colker. (2005). Washington, DC: National Association for the Education of Young Children. *The Cooking Book* invites teachers to the table to create tasty, wholesome projects with children. We all know that preschoolers and kindergartners love to cook. Cooking offers them an ideal way to see a task through to completion and to take pride in a product. It is as nourishing to the early childhood program as books, blocks, puzzles, and paint. By engaging in food preparation, children learn social competence, science, math, and literacy skills, and the joy of creativity. This book is a teaching recipe for folding cooking into a balanced curriculum.

Dealing with Food Allergies in Babies and Children. Janice Vickerstaff Joheja. (2007). Boulder, CO: Bull Publishing. Designed to uncover food sensitivities, this book can help with the process of finding nutritionally adequate diets for people with food allergies. For those who must be alert to the serious threat to their health and their lives that some foods present, it provides the basis for careful evaluation of even the simplest foods. Reactions can vary widely from simple allergic reaction, like a rash, to the deadly consequences of serious anaphylactic shock. *Dealing with Food Allergies* thoroughly describes the

effects on the three major organ systems that are the target—the lungs and respiratory tract; the digestive tract; and the skin and mucous membranes and how the reaction must be analyzed and treated.

Early Sprouts: Cultivating Healthy Food Choices in Young Children. Karrie Kalich. (2009). St. Paul, MN: Redleaf Press. Plant lifelong healthy eating concepts in young children and counteract the prevalence of childhood obesity with *Early Sprouts*. A research-based early childhood curriculum, this "seed-to-table" approach gets children interested in and enjoying nutritious fruits and vegetables. The *Early Sprouts* model engages preschoolers in all aspects of planting, preparing, and eating organically grown produce. Find directions for designing and caring for gardens, recipes children can help prepare, and ways to involve the whole family in making healthy food choices. The activities used in this 24-week program can be tailored to fit any early childhood program, climate, or geographical region; have been tested in a variety of early learning environments; and have received accolades from children, their parents, and teachers alike.

Eating with Ethan and Emily: Preschool Nutrition Curriculum for Children Ages 3-6. Ruth Vonderohe. Lincoln, NE: UNL Extension. Make nutrition fun! Enjoy a variety of simple science experiments, project pages, taste tests, and physical activities for kids. A CD-ROM with supplementary files on grains, meats and beans, milk, vegetables, fruits, safety, and other topics is included. Self-paced, 2007.

Fabulous Food: 25 Songs and Over 300 Activities for Young Children. Pam Schiller. (2006). Beltsville, MD: Gryphon House. Children will sing and learn about a variety of foods while exploring about nutrition and traditions through more than 300 activities in this book and 25 songs on the accompanying CD. The book includes English language learner strategies and adaptations for special needs.

Feeding the Brazelton Way. T. Berry Brazelton and Joshua Sparrow. (2007). Cambridge, MA: Da Capo Press. Nursing newborns, picky toddlers, four-year-olds with bizarre food preferences, overeating adolescents—at every age, parents are concerned with what their children eat. In this book, the authors apply their warm and supportive *Touchpoints* approach to food issues through childhood to help parents avoid all the most common and frustrating feeding problems.

Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor, and a Bottle of Ketchup. Laura A. Jana and Jennifer Shu. (2008). Elk Grove Village, IL: American Academy of Pediatrics. *Food Fights* is a practical guide that addresses the nutritional questions and challenges that parents most commonly face. Written by two pediatricians who are also parents, this book incorporates the many recommendations offered by government, the American Academy of Pediatrics, and other organizations, while taking into account the many behavioral, habitual and developmental factors that play a role in a child's diet. Medically sound, reality-based suggestions enable parents and caregivers to put to better use these recommendations into practice.

Gluten-Free Kids: Raising Happy, Healthy Children with Celiac Disease, Autism, and Other Conditions. Danna Korn. (2010). Bethesda, MD: Woodbine House As public awareness has grown about the gluten-free (GF) diet being a requirement for anyone with celiac disease, so has evidence that

suggests the diet can help improve other conditions; it seems to reduce the symptoms of autism, and helps diabetics lower their glycemic index. Written by an authority on gluten-free living and the mother of a son with celiac disease, this revised and updated edition of *Kids with Celiac Disease* is now titled *Gluten-Free Kids* because it also speaks to families whose child may need to be gluten-free for reasons other than celiac disease.

Growing, Growing Strong: A Whole Health Curriculum for Young Children. Connie Jo Smith, Charlotte M. Heldricks, and Becky S. Bennett. St. Paul, MN: Redleaf Press. (2006). *Growing, Growing Strong* allows the reader to customize health education curriculum with the help of open-ended lesson plans and activities, many of which meet pre-K health standards. Chapters on health-related themes encourage children's curiosity about themselves, others, and the world around them. This book has information on body parts, self care activities, healthy eating, emotions, different types of families, and safety issues.

Healthy Young Children, 4th Edition. Susan Aronson. (2002). Washington, DC: National Association for the Education of Young Children. Written and reviewed by both health and early childhood professionals, *Healthy Young Children* is used by early childhood programs to promote the health and safety of children, staff, and families.

How to Teach Nutrition to Kids, 3rd Edition. Connie Liakos Evers. (2003). Portland, OR: 24 Carrot Press. *How to Teach Nutrition to Kids* promotes the positive, fun side of healthful eating and physical activity. Packed with ideas that empower children to evaluate nutrition information, make smart food choices, and creatively prepare food, *How to Teach Nutrition to Kids* effectively integrates nutrition into multiple areas of a child's life. Step-by-step instructions are given for over 200 activities featuring children's books, gardening, recipes, food art, label reading, fitness and more.

Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges. Lori Ernsperger and Tania Stegen-Hanson. (2004). Arlington, TX: Future Horizons, Inc. *Just Take a Bite* is written for parents and professionals working with children with food aversions and eating challenges. The authors provide clear and concise strategies and practical lessons for assisting children in eating a balanced diet.

Just Two More Bites! Helping Picky Eaters Say Yes to Food. Linda Piette. (2006). New York: Three Rivers Press. Should you hide veggies in sauce, worry about how much protein is in breakfast bars, or buy a new cup to help your toddler drink more milk? Learn the answers to these questions and more in *Just Two More Bites*. Filled with stories about children and parents struggling over food, this book helps parents deal with day-to-day food struggles with tips, recipes and nutrition guidelines.

Kids' Fun and Healthy Cookbook. Catherine Saunders (Ed.). (2007). New York: DK Publishing. Enjoy more than 100 recipes that put the fun back into healthy eating. Find out what's in the food you eat with healthy hints and fun facts. Discover delicious new dishes plus healthier ways to cook old favorites. With a little bit of know-how and a lot of imagination, the food you eat can be tasty and nutritious.

Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy, Gluten-Free Children. Danna Korn. (2001). Bethesda, MD: Woodbine House. This practical guide is for the families of children and teenagers with celiac disease, a chronic, life-long digestive disorder. In a supportive conversational style, the author shows that it is possible for children with celiac disease and their families to lead happy and healthy lives.

Lunch Lessons: Changing the Way We Feed Our Children. Lisa M. Holmes. (2006). New York: Collins. Is your child being fed well at school? Seventy-eight percent of school lunch programs in America do not meet USDA nutritional guidelines. In *Lunch Lessons*, the Authors spell out how parents and school employees can help instill healthy habits in children by providing a variety of invaluable information.

Out of the Box Training: Nutrition and Child Development. Child Care Information Exchange. (2003). Redmond, WA: Author. The target audience for this kit is beginning and intermediate teachers working with young children from birth to age 8. Teachers will explore ways to add good nutrition with children in the classroom through curriculum activities as well as ways to educate families about the importance of good nutrition during the early years.

Overcoming Childhood Obesity. Ellen Shanley and Colleen Thompson. (2004). Boulder, CO: Bull Publishing. Being overweight at a young age can lead to future health problems and can negatively affect every area of a child's life. Instead of simply suggesting a reduced-calorie diet, this book outlines effective strategies for improving nutrition, decreasing reliance on fast foods, increasing physical activity, and eating together as a family. When kids shop, cook, eat, and exercise alongside their parents, it instills good eating habits and lifestyle behaviors for a lifetime of health and fitness. Helpful illustrations, charts, and tables are included.

Preschool Health and Safety Matters. Jody Martin (Ed.). (2011). Silver Spring, MD: Gryphon House. This manual provides educators with the information they need to ensure that the children in their care are safe, while they learn the best practices to stay healthy for life. With suggestions, ideas, activities, and ways to involve families at home, *Preschool Health and Safety Matters* covers topics such as hygiene, injury prevention, mental health, diversity, nutrition, and safety.

Prime Times: A Handbook of Excellence in Infant and Toddler Programs, 2nd Edition. Jim Greenman, Anne Stonehouse, and Gigi Schweikart. (2008). St. Paul, MN: Redleaf Press. Achieve quality care and education in your infant or toddler program with this practical guide—a sourcebook for establishing, organizing, and maintaining a quality program. Substantially revised, this second edition includes topics such as developmental issues; infants and toddlers with special needs; staffing and staff training; creating learning and nurturing environments; establishing routines; discipline; health, nutrition, and safety policies; curriculum; partnering with parents; assessment; and program evaluation. Charts, tables, and illustrations enhance the updated text, and a new CD-ROM offers reproducible forms, policy statements, and training handouts.

Rethinking Nutrition: Connecting Science and Practice in Early Childhood Settings. Susan Nitzke. (2010). St. Paul, MN: Redleaf Press. Written by a team of academic researchers and early childhood program practitioners, *Rethinking Nutrition* provides science- and practice-based information to meet young children's nutritional and developmental needs and establish healthy patterns with food. Each chapter includes a summary of key concepts and promising practices for early childhood settings.

Salad People and More Real Recipes: A New Cookbook for Preschoolers and Up. Mollie Katzen. (2005). Berkeley, CA: Tricycle Press. Each illustrated recipe offers the child chef the opportunity to count, measure, mix, assemble, and have fun. Designed as do-together projects—with the child as chef and the adult as assistant—these kitchen adventures will give children confidence in their cooking skills and inspire a life-long healthy relationship with food.

Take the Fight out of Food: How to Prevent and Solve Your Child's Eating Problems. Donna Fish. (2005). New York: Atria Books. This guide is filled with hands-on tools and in-depth advice for putting a stop to unhealthy eating habits before they begin. In *Take the Fight Out of Food*, parents will learn how to understand their own "food legacy" and how it affects their children; keep their children connected to food in a positive way; talk to their kids about food and nutrition; recognize and deal with the six types of eaters-including the picky eater, the grazer, and the beige food eater.

Tasty Treats for Teeth: Tooth Friendly Snacks for Children. Patricia Dunavan. (2001). Topeka, KS: Kansas Department of Health and Environment, 2001. This book contains a collection of recipes designed for children.

The Toddler Bistro: Child-Approved Recipes and Expert Nutrition Advice for the Toddler Years. Christina Schmidt. (2009). Chicago: Bull Publishing. Based on the most current nutritional information available, this accessible reference offers a fresh approach to feeding a toddler. More than a how-to guide, you'll develop an approach to food that is easy, organized, and fun. Focusing on the age range of one to three years—when new foods and tastes are typically introduced—this resource also includes tips and tricks for quick shopping, easy recipes, and nutrient and supplement needs.

DVDs

Better Kid Care: Fighting Obesity and Diabetes and Keeping Children Healthy. The percentage of children in this country who are overweight has doubled in the last ten years. Keeping children active is one way to help fight childhood obesity. How much active play time do children need each day? Learn great active play ideas for keeping children moving indoors and out. Produced and distributed by the Better Kid Care Program at Pennsylvania State University. 90 minutes, 2008.

Better Kid Care: Obese Kids—They Are What They Eat. Childhood obesity is a national problem. What children eat is critically important. It doesn't matter if you care for children in a center or a home, every adult that works with young children needs to be aware of what children are eating. This DVD will have many ideas to get children to eat healthy snacks and lunches and tips to share with parents. Produced and distributed by the Better Kid Care Program at Pennsylvania State University. 104 minutes, 2007.

Please note that some descriptions have been provided by the publishers or distributors.

Better Kid Care: Snack Time...It's More than Juice and Crackers. This lesson will give you ideas for providing fun and nutritional snacks for the children in your care. It will show you how snack time can be more than just a time to fill empty stomachs—it's a chance to share fun foods and new experiences with the children you care for in your home. Produced and distributed by the Better Kid Care Program at Pennsylvania State University. 75 minutes, 2010.

Eagle Book Series, Animated Version. The books in this series are numbered and are intended to be read or presented in order, and feature a wise eagle who assumes the role of Tribal Elder in the time-honored Native American tradition of using storytelling to pass on tribal culture and to teach lessons of life. Titles in the series are *Through the Eyes of the Eagle*, *Knees Lifted High*, *Plate Full of Color*, and *Tricky Treats*. Each book addresses nutrition with the goal of preventing diabetes. A supplementary manual is available that includes an extensive resource list about diabetes. Copies of these books are also available from the Early Childhood Training Center. 2008.

Early Learning Guidelines Health and Physical Development Independent Study Guide with DVD, Volume 1: Awareness. This independent study kit provides the user with two hours on independent study credit. This kit contains a videotape entitled *The Developing Child: Nutrition*; a booklet, *Growing Up Drug Free*; a bound collection of articles that address health and physical development of young children, and the corresponding Early Learning Guidelines domain. This study guide was developed by Early Childhood Training Center staff. 2006.

Feed Me! Kids and Nutrition. Between the ages of two and eight, a typical child will eat thousands of meals, many at fast food restaurants, and watch thousands of commercials that make sugar and fat look cool. How many parents and caregivers see that children eat a healthful diet? My Pyramid for Kids shows us how to make healthy food choices. Produced and distributed by Learning Seed, Lake Zurich, IL. 26 minutes, 2007.

Feeding with Love and Good Sense II. Compelling videos of real parents and real children show what to do and not to do with feeding. The DVD contains four 15-20-minute segments, each containing vignettes of five to ten families. Produced and distributed by Ellyn Satter Associates. 2011.

The Infant: Your baby eats best when you get on the same wavelength and understand what she tells you about her eating and sleeping. Keep figuring things out with your baby until you both get your needs met - yours to nurture and hers to be nurtured.

The Transitional Child: Midway in her first year, your baby starts working her way from learning to eat semi-solid food from the spoon to joining in with family meals. Guide feeding by what your baby does, not her age. Give plenty of chances to learn, have fun, and let her eat much, little, or nothing at all, fast or slowly, fingers or spoon.

The Toddler: The toddler is picky, does not eat as much as he did earlier, eats a lot one time and hardly anything another, and is skeptical of even-familiar foods. To do well with eating, your child needs structure, opportunities to learn, and no pressure. Do your jobs, and then settle for however much - or little - he eats.

The Preschooler: If you do your feeding jobs and let your preschooler do his eating jobs, he will be a competent eater. But because he wants to please you, you can get your preschooler to eat more, less, or different foods than he wants from what you serve. Don't do it! In the long run, it will make him eat worse, not better.

I Am Your Child: Food and Fitness Matter/ Soy tu Hijo: La Comida y Los Ejercicios Cuelan— Creando Hijos Saludables y Activos. The dramatic rise of childhood obesity is one of the most serious health problems facing our country today. Reversing this trend required changes in our homes, schools, and communities. This DVD provides parents with the information and support they need to improve children's health and wellness. Nutrition experts and others explain the causes of the dramatic increase in obesity and the health problems posed by the childhood obesity epidemic. The DVD presents practical tips for parents to improve nutrition and fitness at home; profiles of schools that found ways to serve healthier food and to increase physical activity; and provides inspiration for parents to work with their schools for change. Produced and distributed by Parents Action for Children. 2006.

I Am Your Child: Your Healthy Baby/ Soy Tu Hijo: Su Bebe Saludable. In order to give a child a healthy start in life, parents and caregivers need current information on children's health and nutrition issues. In this video, Phylicia Rashad delivers expert advice on how parents can help their children establish healthy habits with information on how to maintaining good health during pregnancy; bottle-feeding versus breast-feeding; when you and your child should visit the doctor; what foods to feed your child and when; and the importance of exercise. Available in both English and Spanish. Produced and distributed by Parents Action for Children. 24 minutes, 2006.

Nutrition for Infants and Children. The saying, "you are what you eat," is oh-so-true, especially for little ones. This DVD explains the importance of good nutrition for newborns, infants, and toddlers and examines its beneficial effects on their growth and development. Filled with how-to and when-to advice, the video also discusses the relative merits of breastfeeding and bottle-feeding, potential food allergies, the importance of a balanced diet and physical activity even at a young age, and special dietary preferences like vegetarianism. Perfect for new parents and parents-to-be, caregivers, and anyone who wants to learn more about feeding children from day one through age five! A viewable/printable instructor's guide is available online at <http://meridian.films.com>. 26 minutes, 2006.

A Place of Our Own: Early Childhood Solutions—Health and Nutrition. Host Debi Gutierrez leads engaging discussions on health and nutrition with parents, caregivers, and child care experts. Topics include exercise, healthy eating, preventing obesity, sleep, diabetes, asthma, and more. The DVD also includes nine fun activities you can do at home with your children. Produced by KCET-TV and distributed by PBS. 2 hours, 2008.

CD-ROM

Parenting Exchange, Collection #7: Health, Nutrition, Safety, Hospitalization, Preventing Abuse.

Articles on this CD first appeared in issues of Exchange magazine, published by Exchange Press in Redmond, WA. The articles on this CD were written by Karen Stephens and include:

1. Active Play is Key to Kids' Lifelong Health and Fitness
2. Nutrition: Build Good Eating Habits to Side-Step Picky Eaters
3. Nutrient-filled Snacks Fuel Kids' Healthy Development
4. Parents Can Help Kids Stay One Step Ahead of Germs
5. Emergency and Routine Information to Leave for Babysitters
6. Diligent Car Seat Safety Can Keep Kids Alive
7. Prepare for Emergencies with Planning and First Aid Skills
8. Teach Fire Safety during the Preschool Years
9. Safety and Accident Prevention Starts at Home
10. Doctor Visits: Tips for Preparing Children
11. Hospital and Emergency Room Visits: Tips for Preparing Children
12. Child Life Specialists Help Hospitalized Kids
13. Good Dental Health Begins in Early Childhood
14. Good Sleep and Bedtime Habits Nourish Kids
15. Bedtime Tips to Build Good Sleep Habits
16. Child Abuse Breaks a Child's Brain As Well As Heart
17. For Children's Sake, Prevent and Confront Child Abuse
18. Specific Ways to Avoid Losing Your Cool with Kids